



SFBLI WellnessWorks! Program

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Thinking about wellness as a solution?



- Rising health insurance and productivity costs.
- Cost shifting is not solving the long-term problem.
- What are the long-term solutions?
- All you hear about is Wellness and Onsite Health Clinics.



Planning Your Wellness Program



- Hiring a wellness consultant to help plan using evidence based strategies
- Dedicated staff to manage day to day operations
- Creating a Wellness Committee
- Creating a healthy workplace



SFBLI WellnessWorks!

VISION

All employees and their families living healthy lives

MISSION

To provide resources and learning opportunities to improve health and wellness



Worksite Health at SFBLI

Communication – Brand and Information



Programming – *Invest in Your Health 2009*
Healthy Choices 2010



Foundation -

Policy:
Company time for wellness activities,
doctor visits, well breaks, and employee
benefits.



Environmental Strategies: Tobacco-free,
Active Workplace, Healthy Cafeteria, and
Onsite Clinic.





Acting on Wellness



- Develop a wellness brand
- Create an comprehensive communication strategy
- Promoting to supervisor and managers
- Assessing employee interest
- Evaluating program activities and outcomes

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Evolution of Wellness Initiatives



- 2007
- Launched program
 - Weight Watchers
 - Corporate Fitness Program
 - Community Events
 - Wellness Fair



- 2008
- Walking Trail completed
 - Wellness Consultant
 - Dedicated Staff
 - Annual Health Campaign – Drop Eight in 2008
 - Variety of Health Fairs & events
 - Farmers Markets
 - Lunch and Learns
 - Healthy foods in cafeteria
 - Employee Interest Survey
 - Supervisor/Manager Training
 - Strategic Plan developed
 - Intranet site launched



- 2009
- New Program Brand
 - New Newsletter Format
 - Healthy foods in vending
 - On the Move Training Program
 - A Healthy You! Promotion and emails
 - Healthy cooking demonstration
 - Farmers Markets
 - Onsite Clinic
 - Internet site launched
 - Tobacco-free campus on Jan. 1st, 2010

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SFBLI WellnessWorks! Newsletter



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SFBLI WellnessWorks! Website(s)



- Intranet & Internet
- Program Information
- Well Break Videos
- Calendar
- Information and Resources
 - Health Care
 - Condition Management
 - Healthy Living
 - Work Life Balance

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Wellness at the Workplace



- Creating engaging and innovative programming
- Incenting participation
- Establishing an Onsite Health Clinic
- Engaging benefit eligible dependents
- Evaluating the program and clinic utilization

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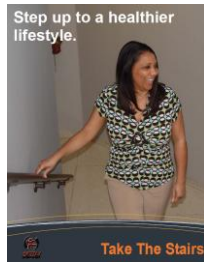
SFBLI Employees Walking



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SFBLI Take The Stairs Signs



SFBLI Well Breaks!



SFBLI Cafeteria with Sodexo



Recognition & Leadership

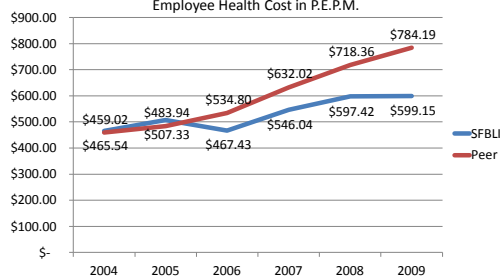


- Clarion Ledger Articles
- MS Business Journal Article
- Wellness@Work Webinar
- CAHRA presentation
- American Heart Association – 2009 & 2010 Fit Friendly Workplace – Gold Recognition
- Host MS Worksite Wellness Networking Group



SFBLI vs Peer Companies

Employee Health Cost in P.E.P.M.



Difference in Health Claims

SFBLI vs Peer Group

